

THE CANADA

# HEALTH JOURNAL,

A Monthly Magazine of Hygiene, and Mental and Physical Culture.

EDITED BY

CL. T. CAMPBELL, M. D..

Assisted by an able Corps of Contributors.

ON THE 20th JANUARY, 1870, WAS ISSUED THE FIRST number of this Journal. Its object is clearly defined in its name. It will be devoted to the exposition of the Laws of Hygiene; to the popularizing of the true principles of health—telling the people how to avoid disease—how to prolong life. It is generally conceded that more light on these subjects is required. The value of health all acknowledge; and when disease attacks the frame every effort is made to overcome it. But the majority are heedless of the fact, so oft repeated, that prevention is better than cure; and while they anxiously seek for health when lost, take little care to preserve it when found. A knowledge of these simple laws of hygiene that teach a person "how not to be sick" is needed by people of all classes and ages. This knowledge our pages will endeavor to supply.

Our scope is large—embracing not only the interests of the weak and diseased who are seeking health, but of the strong and vigorous who wish to retain it. All subjects connected with the proper development of the race will find a place in our columns; but care will be taken to exclude all distracting hobbies and "isms." The JOURNAL is published in the interests of no medical clique; but for the benefit of the public at large.

We ask, therefore, the support of the public, confident that a periodical of this kind is needed, and will be of invaluable benefit. The subscription price is put at so low a figure as to place it within the reach of all. The publishers guarantee the issue for one year; and we are satisfied that by the end of that period the support the JOURNAL will have received will be such as to justify its continued publication.

Regular contributions have already been promised by several prominent professional men, and the assistance of many others is expected.

TERMS.—Single copies, 50 cents per annum, in advance. Five copies. \$2. Eleven copies, 4.

In addition to these club rates, we offer the following further inducements to those who are willing to spend a little time in canvassing for the JOURNAL.

### OUR PREMIUM LIST.

	<i>Cash value of articles</i>	<i>No. of Ss. Ds. &amp; at 50 ct. each.</i>
Andrus Bros' Melodeon, 5 oct .....	\$80 00	600
Wheeler & Wilson Sewing Machine .....	45 00	360
A Stock of Italian Bees, with one of A. C. Attwood's "D.B." hives .....	18 00	170
Splendid Photograph Album; will hold 200 pictures .....	4 00	30
Eth Thomas Ornamental Clock .....	4 00	32
Sheet Music, selected from any catalogue .....	4 00	30
Silver American Watch, full Jewelled .....	20 00	160
Guelph Family Sewing Machine .....	12 00	80
Rosewood Writing Desk .....	5 00	40
Instrument—Flute, Violin, Guitar or Concertina .....	10 00	80
Do do do do do .....	5 00	40
Fine Gold Pen, warranted, Diamond tipped .....	3 00	36
Do do do do .....	1 50	20
Silver Watch, warranted .....	12 00	90

Or we will give the cash value of any of these articles in books at the publisher's prices, selected from any catalogue.

AGENTS wanted in all parts of the country, to whom a liberal commission will be given.

Send your remittances by Post Office order or registered letter. We will not be responsible for unregistered letters. Address all communications,

JOHN CAMERON & BRO.,  
London, Ontario.